

Winchester Parks & Recreation

# Activities Guide

Spring/Summer  
2009



**INSIDE:**

Youth Programs pg 4

NEW Youth Athletic  
Camps pg 8

Swimming Lessons pg 15



1001 East Cork Street • Winchester, VA 22601  
(540) 662-4946 • [www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)



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## PARK ADVISORY BOARD

The Board meets the fourth Monday of every month at 7:00 p.m. in the War Memorial Building.

**Tim Painter**

*Chair*

**John Crandell**

*Vice Chair*

### Members

**John Elliott**

**Krista Farris**

**Tim Grove**

**Shelly Lee**

**Debbie Lewis**

**Jack MacDonald**

**Terry Walker**

## INSIDE THIS ISSUE

Events .....	2
Youth .....	5
Adult .....	8
Athletics .....	8
Aquatics .....	14
Facilities .....	17
Parks .....	23
Trips .....	24
Info .....	25



1001 East Cork Street  
Winchester, VA 22601  
(540) 662-4946

**Cancellation Hotline:**  
**662-4946 extension 33**

Fax (540) 678-8791  
[www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)

For new program ideas, email us at:  
[wincparks@ci.winchester.va.us](mailto:wincparks@ci.winchester.va.us)

**Administration Office Hours**  
(Year-round)  
M-F 8:00 am - 5:00 pm

**Active Living & Rec. Center Hours**  
(January 1-Memorial Day and  
Labor Day-December 31)  
M-F 5:30 am - 9:30 pm  
Sa 9:00 am - 6:00 pm  
Su Noon - 8:00 pm

(Memorial Day-Labor Day Hours)  
M-F 7:00 am-8:00 pm  
Sa-Su Noon-6:00 pm

Events

Youth

Adult

Athletics

Aquatics

Facilities

Parks

Trips

Info

*Dedicated to providing comprehensive, quality, and safe recreation and park programs, facilities and services that enrich the quality of life for the Winchester community and beyond.*

## MAY

**ACTIVE ADULT HEALTH & FITNESS DAY****Ages 50+**

Are you ready for a fun-filled morning of health- and fitness-based exhibits, demonstrations, presentations and screenings? Light refreshments served.

**Fee:** FREE**Location:** Clarke County Recreation Ctr.

Day	Date	Time	Act.#/Sec.#
W	5/20	8:00 am-Noon	147199/01

## JUNE

**ALL-AMERICAN SOAP BOX DERBY****Ages 8-17**

Called "The Greatest Amateur Racing Event in the World." The race course is held on South Cameron Street between Leicester and Cork Streets and is approximately 770 feet long with a 40 foot fall for a 5% grade. Speeds average 27-28 mph. Contact Mike Wines at 664-6288 or visit [www.winchestersoapbox.com](http://www.winchestersoapbox.com)

**Location:** Cameron Street

Day	Date	Time
Sa	5/23	8:00 am

**FAMILY DAY FISHING RODEO****Ages 4+**

Prizes will be awarded in eight divisions for the largest fish along with four tagged fish at \$25 each. VA State Fishing regulations apply. A special stocking is scheduled prior to the rodeo. Register in advance or day-of. *Sponsored by Wilkins Trust Fund and Beavers Bait & Tackle.*

**Fee:** \$5 **Register by:** 6/20**Location:** Wilkins Lake Shelter

Day	Date	Time	Act.#/Sec.#
Sa	6/20	7:00-11:00 am	251383/01

## JULY

**12th ANNUAL LIBERTY 5K & KIDS RUN****All Ages**

The USATF-certified 5K course consists of a single loop around Jim Barnett Park and through the grounds of Shenandoah University using roads and sidewalks. Kid's races will be held immediately following the race. Prizes and awards are given to top runners. Contact Rosie Schiavone at 667-0252.

**Early Registration Fees:**

5K SVR Member	\$14
5K SVR Non-Member	\$15
Kids Run	\$10

**Race Day Registration Fees:**

5K	\$17
Kids Run	\$12

**Location:** Jim Barnett Park & SU

Day	Date	Time
Sa	7/04	8:00 am

*Sponsored by: WPRD and Shenandoah Valley Runners Club*

**WINCHESTER COMMUNITY FIREWORKS**

If you add inflatable rides, baseball, a swimming pool, food and fireworks together, what do you get? The Winchester Community Fireworks event, of course. Come to Jim Barnett Park for an evening of fun for the entire family. (See ad on page 3 for details).

**Location:** Jim Barnett Park

Day	Date	Time
F	7/03	6:00 pm

**International Children's Festival**

October 10, 2009 ★ 10:00 am-3:00 pm ★ New Recreation Ctr.

**SHOWCASE YOUR HERITAGE**

Get involved NOW! Visit [winchesterva.gov/icf](http://winchesterva.gov/icf) for details!

# Winchester COMMUNITY FIREWORKS Friday, July 3

Pool Party\* • Inflatable Rides\* • Food Vendors

6:00 - 9:00 pm

Outdoor Pool in Jim Barnett Park

• Fireworks • 9:20 pm

• Winchester Royals Game\* • 6:00 pm



\* Admission fee or cost to participate

Rain Date: 7/05



Winchester Transit • 667-1815 • [wintran@ci.winchester.va.us](mailto:wintran@ci.winchester.va.us)

## NEW EXTENDED HOURS

### FIXED ROUTE & PARA-TRANSIT

M - F  
6 am - 8 pm  
Saturday  
9 am - 5 pm

[www.winchesterva.gov/transit](http://www.winchesterva.gov/transit)



### TROLLEY

M, W & F  
8 am - 6 pm  
Saturday  
10 am - 4 pm

Adults - \$1.00 • Half-fare - \$0.50 (Senior, handicapped, Medicare card holders) Students (under 18) • Children under 2 - free

[www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)

## PROGRAMS

### GOOD DEEDS CLUB **Ages: 10-16**

Do you enjoy helping others? Want to make a difference? If so, join this exciting club and assist individuals or groups in the area that could use a little help. For every project that you actively participate in, you will receive a point. After so many points have been accumulated, you will be eligible to attend a fun Good Deeds Club "Members Only" activity! Call Leslie for more information at 662-4946.

### NO SCHOOL DAY **Ages 5-12**

You have to go to work, but the schools are off that day. What are you going to do? Now, you can bring your child to a fun-filled day at the park while school is out!

**Fee:** \$21 R **Register by:** 4/24

**Location:** WMB, Lord Fairfax Room

Day	Date	Time	Act.#/Sec.#
F	5/1	7:00 am-2:00 pm	214103/03

### MOTHER'S DAY CRAFT

**02 = Age 5-7 03 = Ages 8-12**

Make a beautiful hand crafted flower pot candle for mom. Also make some delicious candy for mom's sweet tooth.

**Fee:** \$16 R \$18 NR **Register:** 4/27

**Location:** Rec. Center, Kitchen

Day	Date	Time	Act.#/Sec.#
F	5/8	3:30-5:00 pm	115134/02
F	5/8	6:00-7:30 pm	115134/03

### BUBBLE VAN **Ages 3-12**

This FREE program is coming to several Winchester community park to bring arts, crafts, games and activities!

**MONDAY Location:** Timbrook Park

**Time:** 1:00-2:00 pm

**Dates:** 6/15, 6/22, 6/29, 7/6, 7/13, 7/27

**WEDNESDAY Location:** Douglass Park

**Time:** 5:30-6:30 pm

**Dates:** 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29

**FRIDAY Location:** Whittier Park

**Time:** 1:00-2:00 pm

**Dates:** 6/19,

6/26, 7/3,

7/10, 7/17,

7/24, 7/31



## Book It To The Park



**Ages 8-16**

A fun experience through art and literature for creative kids!

**Fee:** \$50 R \$52 NR

**Register:** 7/6

**Location:** WMB, Arts & Crafts Room

Day	Dates	Time	Act.#/Sec.#
M-F	7/27-7/31	9:00 am-Noon	215131/01



### 8<sup>TH</sup> ANNUAL KIDS & COPS CAMP **Ages 9-12**

**June 22-26 • 8:30 am-5:00 pm**  
**Jim Barnett Park**

**Contact:** Amy Stotlemeyer at 545-4722



## April is CHILD ABUSE Prevention Month

Wear a blue ribbon to show your support! Visit [winchesterva.gov](http://winchesterva.gov) to learn more!



Bring your child for the WPRD summer camp to enjoy different activities, field trips, pool days, guest speakers and special events! Register for one week or all ten - you choose! Space is limited.

**Ages:** 5-12

**Registration Fee:** \$5/wk (non-refundable)

**Register By:** 6/15

**Location:** WMB, George Washington Rm.

**Camp Weekly Fee:** \$90 R \$95 NR

**Activity Fee:** \$10/wk (non-refundable)

Days	Date	Time	Activity #
M-F	6/15-8/28	7:00 am-6:00 pm	214501



Come Hangout at  
**THE HIVE**  
The City of Winchester's  
**AFTER-SCHOOL Program**  
Two programs for kids in  
elementary or middle school



**Formally known as Embrace The Children (E.T.C.) program.** This after-school

program is for Winchester youth in grades K-4. Located at Jim Barnett Park, this revamped program offers children activities such as a homework hub, sports, enrichment activities, arts and crafts, active games and swimming.

**Age:** 5-11 **Activity #:** 314102

**Dates:** M-F, 8/26-6/8

**Time:** School dismissal-6:00 pm

**Fee:** \$14 per day

**Transportation to The Hive Provided by Winchester Public Schools**

**The Hive Registration:** Starts Monday, July 13 (\$15 registration fee).

## THE HIVE CLUB

**Exclusively for middle school students.**

The program will offer the same activities as The Hive (see above) and will be located at the War Memorial Building in Jim Barnett Park but will be separate from The Hive.

**Age:** 11-13

**Activity #:** 324102

**Dates:** M-F, 8/26-6/8

**Time:** School dismissal-6:00 pm **Fee:** \$8 per day

**Transportation to The Hive Club is Provided by Winchester Public Schools**

**The Hive Club Registration:** Starts Monday, July 13 (\$15 registration fee).

## CLASSES

### WATERCOLORS

**Ages 8+**

Beginners will learn the basics of painting in transparent watercolor. Advanced students will work on skills to develop their style. All students will learn design composition using a sketch book and value study. New students will be provided a material list at the first class. Advanced students bring supplies and photo ideas for painting. (A \$35 material fee will be collected the first day of class.)

**Fee:** \$97 R \$100 NR **Register by:** 4/24

**Location:** WMB, Arts & Crafts Room

Day	Dates	Time	Act.#/Sec.#
Tu	4/28-6/2	7:00-9:00 pm	155233/01

### GUITAR (ADVANCED BEGINNER)

**Ages 9+**

Learn the basics of guitar. Bring a guitar.

**Fee:** \$50 R \$53 NR **Register by:** 5/06

**Location:** WMB, Joist Hite Room

Day	Dates	Time	Act.#/Sec.#
Tu	5/12-6/30	6:00-7:00 pm	255215/01

### GUITAR (ADVANCED BEGINNER)

**Ages 9+**

Learn the basics of guitar. Bring a guitar.

**Fee:** \$50 R \$53 NR **Register by:** 5/07

**Location:** WMB, Joist Hite Room

Day	Dates	Time	Act.#/Sec.#
Th	5/14-7/02	6:00-7:00 pm	255215/02

### FENCING (INTERMEDIATE)

**Ages 10+**

Once a student has completed the beginner class, and has acquired a good understanding of proper movement and the rules, this is the next step. This class focuses on tactical strategies, a greater understanding of the rules, and holds the student to a higher physical demand. Intermediate students will spend equal time observing, refereeing, fencing, and in physical training. Use of gear is included.

**Fee:** \$150 R \$153 NR per session

**Location:** WMB, George Washington Rm.

Day	Dates	Time	Act.#/Sec.#
F	5/22-7/10	7:30-9:30 pm	251273/02
	<b>Register by:</b> 5/22		
F	7/17-9/4	7:30-9:30 pm	251273/04
	<b>Register by:</b> 7/17		

### FENCING (BEGINNER) Ages 10+

This class will cover the history of the sword, as it relates to fencing, dueling, and the beginnings of the sport. Students will also get an understanding of the equipment, how each one is used, and the modern-day understanding of the rules. From the first lesson and onward through the class, beginners will also acquire an understanding of proper footwork, form, and function. Students will also have the opportunity to fence using the same style of electronic equipment used in the modern Olympic Games.

**Fee:** \$125 R \$128 NR per session

**Location:** WMB, George Washington Rm.

Day	Dates	Time	Act.#/Sec.#
F	5/22-7/10	6:30-8:00 pm	251273/01
	<b>Register by:</b> 5/22		
F	7/17-9/4	6:30-8:00 pm	251273/03
	<b>Register by:</b> 7/17		

### SINGING IN THE SUN

**Ages 9 mo-2**

A wonderful time of music with your child using dance, singing, instruments and more! Make memories with your child this summer and meet new friends.

**Fee:** \$42 R \$45 NR **Register by:** 6/10

**Location:** WMB, Lord Fairfax Room

Days	Dates	Time	Act.#/Sec.#
M-F	6/15-6/19	9:15-9:45 am	215211/02



### SUN, SAND AND SING Ages 2-4

The music class with your child you have grown to love with an emphasis on summer fun. We will meet every day for an hour, combining music with crafts and exploration! Come join us for memories in the making.

**Fee:** \$65 R \$68 NR **Register by:** 6/10

**Location:** WMB, Lord Fairfax Room

Days	Dates	Time	Act.#/Sec.#
M-F	6/15-6/19	10:00-11:00am	215211/03

# Youth

## CLASSES cont.

### SIGN LANGUAGE Ages 10+

We will learn signs used in our “every day” communications, commonly used phrases as well as deaf idioms in a fun relaxed atmosphere. Appropriate for all ages.

**Fee:** \$30 R \$33 NR **Register by:** 6/10

**Location:** WMB, Arts & Crafts Room

Days	Dates	Time	Act./Sec.#
M-F	6/15-6/19	6:30-7:30 pm	255246/01

### BABYSITTER’S TRAINING

**Ages 11-14**

The American Red Cross Babysitter’s Training course will teach boys and girls the responsibilities of being a good babysitter as well as what to expect from the person who hires them. The course covers professionalism, leadership, safety, safe play, basic care giving skills, first aid, and tips on how to find a babysitting job. Manual is included.

**Fee:** \$70 R \$75 NR **Register by:** 6/01

**Location:** WMB, Arts & Crafts Room

Day	Date	Time	Act./Sec.#
Tu	6/15	9:00 am-4:00 pm	222275/A1

### ART FOR CHILDREN

**01 = Ages 4-6 02 = Ages 7-11**

Young artists will explore art through hands on experience in different mediums and games.

**Ages 4-6 Fee:** \$45 R \$48 NR

**Ages 7-11 Fee:** \$60 R \$63 NR

**Register by:** 6/11

**Location:** WMB, Arts & Crafts Room

Day	Dates	Time	Act./Sec.#
Tu	6/16-7/21	9:00-10:00 am	215238/01
Tu	6/16-7/21	10:30 am-Noon	215238/02



### ART FOR TEENS Ages 12-16

Explore the world of altered art.

Techniques include collage, mixed media, painting, and journaling. Materials provided.

**Fee:** \$60 R \$63 NR **Register by:** 6/11

**Location:** WMB, Arts & Crafts Room

Day	Dates	Time	Act./Sec.#
Tu	6/16-7/21	1:00-2:30 pm	225238/01

### READERS THEATRE Ages 8-12

Read, explore, create and act out classic stories in this unique reader’s theatre experience.

**Fee:** \$125 R \$128 NR **Register by:** 6/15

**Location:** WMB, Lord Fairfax Room

Days	Dates	Time	Act./Sec.#
M-F	6/22-7/03	10:00 am-Noon	215554/01

### BEGINNING BRIDGE All Ages

Learn the basics of basics of bridge from champion bridge players Ron and Joan Harmon.

**Fee:** \$40 R \$43 NR **Register by:** 7/02

**Location:** WMB, Lord Fairfax Room

Day	Dates	Time	Act./Sec.#
Th	7/09-8/27	1:00-3:00 pm	255242/01

### SCIENCE SCENE Ages 9-13

Conduct experiments with real laboratory equipment, keep a science journal and explore your natural habitat. Take home treasures from your day of scientific play, and discover the scientist in you!

**Fee:** \$95 R \$98 NR **Register by:** 7/06

**Location:** WMB, Arts & Crafts Room

Day	Dates	Time	Act./Sec.#
M-F	7/13-7/17	9:00 am-Noon	215552/01

## CAMPS

### STORYTIME CAMP:

#### FUN WITH DR. SEUSS Ages 6-9

A zany and brainy storytime fun with treats to eat and more fun to come.

**Fee:** \$72 R \$75 NR **Register by:** 7/20

**Location:** WMB, Lord Fairfax Room

Day	Dates	Time	Act./Sec.#
M-F	7/27-7/31	10:00 am-Noon	215546/01

*Youth Camps continued on page 8.*

# CLASSES cont.

## STORYTIME CAMP:

### NATURALLY FUN

Ages 6-9

Nature stories, crafts, and activities in a nutshell.

**Fee:** \$72 R \$75 NR **Register by:** 7/20

**Location:** WMB, Lord Fairfax Room

Day	Dates	Time	Act.#/Sec.#
M-F	8/03-8/07	10:00 am-Noon	215546/02

## GUITAR CAMP

Ages 9+

*For the beginner.* Bring a guitar and learn the basics of playing the instrument.

**Fee:** \$45 R \$48 NR **Register by:** 7/06

**Location:** WMB, Joist Hite Room

Days	Dates	Time	Act.#/Sec.#
F-Su	7/10-7/12	6:00-7:30 pm	255515/01

## GUITAR CAMP (ADV.)

Ages 9+

*For the advanced beginner.* Bring a guitar and learn the basics.

**Fee:** \$45 R \$48 NR **Register by:** 7/06

**Location:** WMB, Joist Hite Room

Days	Dates	Time	Act.#/Sec.#
F-Su	7/10-7/12	7:30-9:00 pm	255515/02

## FRENCH CAMP

Ages 9+

Learn about the french language, culture and food in this fun and enriching camp.

**Fee:** \$80 R \$83 NR **Register by:** 7/27

**Location:** WMB, Joist Hite Room

Days	Dates	Time	Act.#/Sec.#
M-F	8/03-8/07	9:00 am-Noon	215549/01

# ADULT CLASSES

## TAI CHI (BEGINNING) Ages 18+

Experience rejuvenation. Develop confidence and a strong will. Bring an open mind, patience and a commitment to hard work and daily practice. Wear comfortable shoes. Hablo espanol.

**Fee:** \$40 R \$43 NR per session

**Register by:** First day of class.

**Location:** War Memorial Building

Day	Dates	Time	Act.#/Sec.#
Th	5/14-6/18	7:00-8:00 pm	251273/05
Th	6/25-7/30	7:00-8:00 pm	251273/06
Th	8/06-9/10	7:00-8:00 pm	251273/07

## ART FOR ADULTS

Ages 16+

Explore the world of altered art (materials provided). Techniques include collage, mixed media, painting, and journaling.

**Fee:** \$80 R \$83 NR **Register by:** 6/09

**Location:** WMB, Arts & Crafts Room

Day	Dates	Time	Act.#/Sec.#
Tu	6/16-7/21	7:00-9:00 pm	235238/01

## DOG TRAINING

All Ages

For dogs 6 months and up. Please bring your dog to the first class.

**Fee:** \$67 R \$70 NR **Register by:** 7/07

**Location:** WMB, Arts & Crafts Room

Day	Dates	Time	Act.#/Sec.#
Tu	7/14-8/18	7:00-9:00 pm	255244/01

# YOUTH CAMPS

## JR. GOLF CLINIC

Ages 8-16

Learn techniques and proper skills from a PGA Pro on a professional golf course. Instructed by Jerry Wampler, Rock Harbor Golf Course's PGA Pro.

**Fee:** \$75 R \$78 NR per session

**Location:** Rock Harbor Golf Club

Days	Dates	Time	Act.#/Sec.#
M-F	6/22-6/26	9:00-11:00 am	251593/19
	Register by: 6/12		
M-F	7/13-7/17	9:00-11:00 am	251593/20
	Register by: 7/3		
M-F	8/3-8/7	9:00-11:00 am	251593/21
	Register by: 7/24		

# Athletics

## YOUTH CAMPS cont.

### JR. BASKETBALL **Ages 7-11**

Ready to improve your basketball skills? Sign up for our basketball camp and learn how to dribble, pass and shoot. Please leave your basketballs at home. Camp is instructed by Handley's Varsity basketball coach Tommy Dixon.

**Fee:** \$85 R \$88 NR **Register by:** 6/12

**Location:** John Handley High Gym

Days	Dates	Time	Act.#/Sec.#
M-F	6/22-6/26	9:00 am-1:00 pm	251593/14



### SR. BASKETBALL **Ages 12-17**

See description above.

**Fee:** \$85 R \$88 NR **Register by:** 6/19

**Location:** John Handley High Gym

Days	Dates	Time	Act.#/Sec.#
M-F	6/29-7/03	9:00 am-1:00 pm	251593/15

### PRINCESS DANCE **Ages 4-6**

It is the dance party your little princess has always dreamed about. At Princess Camp you will become royalty. Come learn age appropriate dances, dress and play princess. You will create your own tiara, wand and play dress up as a royal princess. Each princess will learn a basic dance and perform at the Royal Crowning Ceremony!

**Fee:** \$70 R \$73 NR **Register by:** 6/19

**Location:** Rec. Center, Gymnasium

Days	Dates	Time	Act.#/Sec.#
M-W	6/29-7/01	9:00 am-Noon	251593/10

### BOYS SPORTS

**Ages 5-13**

Various age-appropriate sports activities such as basketball, flag football, soccer, swimming, bowling, putt-putt golf, and different gymnasium activities. Children will be broken down into appropriate age groups. Camp is instructed by Jason Toton.

**Fee:** \$75 R \$78 NR **Register by:** 6/19

**Location:** Rec. Center, Gymnasium

Days	Dates	Time	Act.#/Sec.#
M-F	6/29-7/03	9:00 am-Noon	251593/09

### GIRLS SPORTS

**Ages 5-13**

Sport-related activities including basketball, tennis, volleyball, putt-putt golf, swimming, bowling (at Northside Lanes) and horseback riding. Fees for all activities are included. Camp is instructed by Shelly Lee.

**Fee:** \$75 R \$78 NR **Register by:** 6/26

**Location:** Daniel Morgan Middle Gym

Days	Dates	Time	Act.#/Sec.#
M-F	7/06-7/10	9:00 am-Noon	251593/04

### JR. VOLLEYBALL

**Ages 9-12**

Are you ready to bump, set, spike? Then come out to our volleyball camp. Participants will learn the fundamentals of volleyball and other key skills to improve their game. Camp is instructed by Handley's JV volleyball coach Lindsay Hazelette.

**Fee:** \$75 R \$78 NR **Register by:** 7/03

**Location:** Daniel Morgan Middle Gym

Days	Dates	Time	Act.#/Sec.#
M-F	7/13-7/17	1:00-3:00 pm	251593/02

### SR. VOLLEYBALL

**Ages 13-18**

See description above.

**Fee:** \$75 R \$78 NR **Register by:** 7/03

**Location:** Daniel Morgan Middle Gym

Days	Dates	Time	Act.#/Sec.#
M-F	7/13-7/17	9:00 am-Noon	251593/01

**Youth Camps continued on page 10**

# YOUTH CAMPS continued

## SPORTS SQUIRTS

**Ages 3-5**

Introduce your young children to a variety of sports in a safe, structured environment. All games and activities will encompass hand/eye coordination, balance, agility and movement - all key factors to the early development of children in sport. All sports are developed through a series of games and activities designed to ensure learning and most importantly fun!

**Fee:** \$80 R \$83 NR **Register by:** 7/03

**Location:** Rec. Center, Gymnasium

Days	Dates	Time	Act.#/Sec.#
M-F	7/13-7/17	10:30 am-Noon	251593/16

## JUNIOR LACROSSE

**Ages 5-7**

Beginner lacrosse players will have great fun learning this exhilarating game. Fast paced and full of action. Lacrosse is a unique combination of skill, speed, agility and finesse. Camp is ideal for beginners of all ability and no previous experience needed. Experience stick handling, scooping, dodging, shooting and many more fundamental techniques and skills. All equipment is provided. Bring water.

**Fee:** \$100 R \$103 NR **Register by:** 7/3

**Location:** JBP, Eagles Field

Days	Dates	Time	Act.#/Sec.#
M-F	7/13-7/17	1:00-3:00 pm	251593/17

## SENIOR LACROSSE

**Ages 8-14**

See description above.

**Fee:** \$100 R \$103 NR **Register by:** 7/03

**Location:** JBP, Eagles Field

Days	Dates	Time	Act.#/Sec.#
M-F	7/13-7/17	3:00-5:00 pm	251593/18



## FOOTBALL

**Ages 8-14**

Ever wanted to learn how to throw a football like a pro? Join us for our football camp and learn all of the basic fundamentals of this intense sport. Bring cleats. Camp is instructed by Tony Rayburn, Handley's Varsity football coach.

**Fee:** \$75 R \$78 NR **Register by:** 7/10

**Location:** John Handley High School

Days	Dates	Time	Act.#/Sec.#
M-Th	7/20-7/23	8:00 am-Noon	251593/03

## CHEERLEADING

**Ages 5-17**

Are you ready to jump, cheer and stunt? Have fun learning the fundamentals of cheerleading. Experienced, highly trained staff from Spirit Unlimited Cheer and Dance will teach creative dances, cheers, partner stunts, sidelines, proper safety and technique and more! Parents are welcome to watch the performances on the last day of camp. Bring a bagged lunch, water and your cheer spirit!

**Fee:** \$75 R \$78 NR **Register by:** 7/10

**Location:** Rec. Center, Gymnasium

Days	Dates	Time	Act.#/Sec.#
M-W	7/20-7/22	9:00 am-1:00 pm	251593/11

## WRESTLING

**Ages 6-13**

Sign up for this camp and you will learn the fundamentals and rules to help make you a better wrestler. Camp is instructed by Jim Gowdy, Handley's Varsity wrestling coach.

**Fee:** \$75 R \$78 NR **Register by:** 7/10

**Location:** John Handley High School

Days	Dates	Time	Act.#/Sec.#
M-F	7/20-7/24	1:00-4:00 pm	251593/24

## DANCE

**Ages 5-17**

Kick, leap and jump your way to the newest dance techniques taught by the Spirit Unlimited Dancers. Learn a variety of exciting and upbeat dances that will showcase your best dance talent. Camp includes technique instruction in jazz, hip hop and ballet. Camp includes daily craft project and end of camp performance.

**Fee:** \$75 R \$78 NR **Register by:** 7/17

**Location:** Rec. Center, Gymnasium

Days	Dates	Time	Act.#/Sec.#
M-W	7/27-7/29	9:00 am-1:00 pm	251593/12

**Youth Camps continued on page 11**

# Athletics

## YOUTH CAMPS cont.

### SOCCER

**Ages 5-12**

Come out to the soccer field and learn the fundamentals of soccer. Participants will learn to dribble, kick, pass and shoot while having fun playing games. Camp is instructed by Andy Combs.

**Fee:** \$75 R \$78 NR **Register by:** 7/17

**Location:** Whittier Park

Days	Dates	Time	Act.#/Sec.#
M-F	7/27-7/31	9:00 am-Noon	251593/22



### SOFTBALL

**Ages 7-13**

Our camp teaches participants how to hit, catch, throw and even slide. Don't miss this opportunity to learn for a collegiate coach!! Camp is instructed by Marlena Kotynski, Shenandoah University's Women's softball coach.

**Fee:** \$75 R \$78 NR **Register by:** 7/17

**Location:** JBP, Henkle Harris Field

Days	Dates	Time	Act.#/Sec.#
M-Th	7/27-7/30	9:00 am-Noon	251593/23

### TENNIS A

**Ages 5-13**

For players who are beginners to intermediate. The camp will teach participants the basic fundamentals in stroke production (forehand, backhand, volley, serve and smash), court movement and basic footwork skills. All participants will have a great time playing and learning the number one racket sport. Camp is instructed by PTR certified instructor Guss Morrison.

**Fee:** \$75 R \$78 NR **Register by:** 7/17

**Location:** JBP, Lowry Tennis Court 1

Days	Dates	Time	Act.#/Sec.#
M-F	7/27-7/31	9:00 am-Noon	251593/25

### TENNIS B

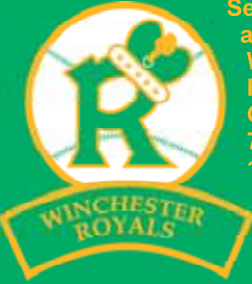
**Ages 5-13**

This camp will build on what is learned in Tennis A. Bring a racquet.

**Fee:** \$75 R \$78 NR **Register by:** 7/24

**Location:** JBP, Lowry Tennis Court 1

Days	Dates	Time	Act.#/Sec.#
M-F	8/3-8/7	9:00 am-Noon	251593/26



See page 12 for a list of Winchester Royals Baseball Camps for ages 7-16:

- 1) Baseball fundamentals
- 2) Pitching & Catching
- 3) Hitting

### CAMP RE-CREATION **Ages 5-17**

**For children with special needs.**

WPRD is proud to partner with Frederick County Parks and Recreation (FCPRD) to offer this camp designed to allow children with special needs the opportunity to participate in recreation throughout the summer months. Camp Re-Creation offers abundant opportunity for new experiences and a whole lotta fun, all summer long! Parents are required to stay during the activities and must provide transportation to each activity.

**Fee:** \$5 per week or \$25 for all 6 weeks

**Location:** FCPRD and WPRD facilities

**NOTE:** All Fridays will be at the WPRD Outdoor Pool in Jim Barnett Park

Days	Dates	Time	Act.#/Sec.#
Tu,F	6/23-6/26	9:30-11:00 am	224550/01
<i>Tuesday: Hiking &amp; Fishing at Sherando Park</i>			
Tu,F	7/07-7/10	9:30-11:00 am	224550/02
<i>Tuesday: Adaptive Baseball at Clearbrook Park</i>			
Tu,F	7/14-7/17	9:30-11:00 am	224550/03
<i>Tuesday: Bocce &amp; Basketball at Sherando Park</i>			
Tu,F	7/21-7/24	9:30-11:00 am	224550/04
<i>Tuesday: Beach Volleyball &amp; Pottery at Clearbrook Park</i>			
Tu,F	7/28-7/31	9:30-11:00 am	224550/05
<i>Tuesday: Disc Golf at Sherando Park</i>			
Tu,F	8/04-8/07	9:30-11:00 am	224550/06
<i>Tuesday: Track &amp; Field at Sherando High School</i>			

# 2009 ROYALS SCHEDULE

Day	Date	Opponent	Time
F	6/05	Haymarket	7:30 pm
Sa	6/06	at Fauquier	7:30 pm
Su	6/07	Front Royal	6:00 pm
Tu	6/09	at Staunton	7:30 pm
W	6/10	at Haymarket	7:30 pm
Th	6/11	at Waynesboro	7:00 pm
F	6/12	Luray	7:30 pm
Sa	6/13	at Harrisonburg	5:00 pm
Su	6/14	Fauquier	6:00 pm
Tu	6/16	at Haymarket	7:30 pm
W	6/17	at Fauquier	7:30 pm
Th	6/18	Front Royal	7:30 pm
F	6/19	Staunton	7:30 pm
Sa	6/20	Haymarket	7:30 pm
Su	6/21	at Fauquier	6:00 pm
Tu	6/23	Harrisonburg	7:30 pm
W	6/24	Front Royal	7:30 pm
Th	6/25	at Staunton	7:30 pm
F	6/26	at Luray	7:30 pm
Sa	6/27	at Rockbridge	7:00 pm
Su	6/28	Haymarket	6:00 pm
Tu	6/30	at Front Royal	7:30 pm
W	7/01	Staunton	7:30 pm
Th	7/02	at Covington	7:30 pm
F	7/03	Rockbridge	6:00 pm
Su	7/05	at Front Royal	6:00 pm
Tu	7/07	Waynesboro	7:30 pm
W	7/08	Covington	7:30 pm
Th	7/09	New Market	7:30 pm
F	7/10	at Woodstock	7:30 pm
Sa	7/11	at Haymarket	7:30 pm
Su	7/12	All-Star Game	7:30 pm
W	7/15	All-Star Game	7:30 pm
Th	7/16	Waynesboro	7:30 pm
F	7/17	at New Market	7:30 pm
Sa	7/18	Woodstock	7:30 pm
Su	7/19	at Waynesboro	7:00 pm
Tu	7/21	Fauquier	7:30 pm
W	7/22	at Front Royal	7:30 pm
F	7/24	at Fauquier	7:30 pm
Sa	7/25	Front Royal	7:30 pm
Su	7/26	Fauquier	6:00 pm
M	7/27	at Haymarket	7:30 pm
Tu	7/28	at Front Royal	7:30 pm
W	7/29	Fauquier	7:30 pm
Th	7/30	Haymarket	7:30 pm

Playoff: 7/31-8/12



## ROYALS BASEBALL CAMP

Ages 7-16

Don't miss this exciting new camp. Participants will learn baseball skills from the Winchester Royals! Participants will learn through drills and games. Camp is instructed by the Winchester Royals head coach and Royals players.

**Fee:** \$85 per session or \$140 for both

**Location:** JBP, Bridgeforth Field

Days	Dates	Time	Act.#/Sec.#
M-F	6/15-6/19	9:00 am-Noon	251593/05
M-F	6/22-6/26	9:00 am-Noon	251593/06

## ROYALS BASEBALL PITCHING & CATCHING CAMP

Ages 7-16

Pitchers and catchers will learn proper skills and techniques with one on one instruction from the Winchester Royals head coach and Royals players.

**Fee:** \$60 **Register by:** 6/26

**Location:** JBP, Bridgeforth Field

Days	Dates	Time	Act.#/Sec.#
M,Tu	7/06-07	9:00 am-Noon	251593/07

## ROYALS BASEBALL HITTING CAMP

Ages 7-16

Participants will learn the proper technique to hit a baseball and improve their batting average. Camp is instructed by the Winchester Royals head coach and Royals players.

**Fee:** \$60 **Register by:** 6/26

**Location:** JBP, Bridgeforth Field

Days	Dates	Time	Act.#/Sec.#
W,Th	7/08-7/09	9:00 am-Noon	251593/08

# Athletics

## YOUTH LEAGUES

### CHALLENGER T-BALL

**Ages 3-18**



**For mentally and physically challenged children.**

This league is designed to help social needs children enjoy the full benefits in an athletic environment structured to their abilities. Don't forget to bring a glove.

**Fee:** \$15 R \$18 NR **Register by:** 4/24

**Location:** JBP, T-Ball Field

Day	Dates	Time	Act./Sec.#
F	5/15-6/19	5:30-6:30 pm	221693/05

### CHALLENGER KICKBALL

**Ages 3-18**

**For mentally and physically challenged children.** The league is designed to help special needs children enjoy the full benefits in an athletic environment structured to their abilities. League is non-competitive and uses the "Buddy System".

**Fee:** \$20 R \$23 NR **Register by:** 8/28

**Location:** JBP, T-Ball Field

Day	Dates	Time	Act./Sec.#
F	9/11-10/16	5:30-6:30 pm	221693/03

### OPTIMA GIRLS BASKETBALL LEAGUE

**Ages 11-14**

Basketball games are held in various cities across the state. Before each game, the girls attend a mandatory health education session taught by a nurse, covering topics such as dental hygiene, asthma, heart disease, diabetes and healthy eating habits. Optima Family Care provides each player with a league uniform, award, and team photograph. Residents only.

**Fee:** FREE **Act./Sec.#:** 221693/04

**Call WPRD for more information.**

Note: Participants need not to know how to play basketball to enroll. Proof of age for participants must be provided before the first practice. Birth certificate required.

## HIGH SCHOOL BASKETBALL LEAGUE

This basketball league is designed to prepare area teams for the winter basketball season. Games will be played on Tuesday and Thursday evenings at Frederick County and City of Winchester school facilities beginning in mid-June. Please register your teams as space is limited for each division. **Important note:** All boy's teams need to register with Winchester Parks & Recreation. All girls' teams need to register with Frederick County Parks & Recreation (665-5678).

**Fee:** \$500 per team **Register by:** 6/5

**Location:** Daniel Morgan Middle Gym

Days	Dates	Start Time
Tu&Th	6/16	5:00 pm

### FLAG FOOTBALL

**01 = Ages 5-7 02 = Ages 8-10**

This league provides a fun and exciting opportunity to engage in non-contact, continuous action while learning about teamwork. Child's eligible age is determined as of September 1. All participants are required to wear a mouth guard.

**Fee:** \$47 R \$50 NR **Register by:** 7/31

**Location:** JBP, Preston & Eagles Fields

Days	Dates	Time	Act./Sec.#
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W& 8/12-10/10 5:30-7:30 pm 221693/01

Sa 9:00-11:00 am

W& 8/12-10/10 7:30-9:30 pm 221693/02

Sa 11:00 am-1:00 pm

## ADULT ATHLETIC LEAGUES

### 18+ BASKETBALL LEAGUE

Come out and play basketball in our new 18+ Basketball League with 2 divisions.

**Fee:** \$325 per team **Register by:** 5/1

**Location:** Rec. Center, Gymnasium

#### A. Recreational

Day	Start Date	Start Time
M	5/11	5:30 pm

#### B. Competitive

Day	Start Date	Start Time
W	5/13	5:30 pm

**Adult Leagues continued page 14.**

# ADULT ATHLETIC LEAGUES cont.

## SENIOR SOFTBALL

This league is designed for seniors ages 55 and up. Six-week regular season with a single elimination tournament.

**Fee:** \$150 per team **Register by:** 5/22

**Location:** JBP, Preston Field

Day	Start Date	Start Time
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Su	5/31	2:00 pm
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## CAPTURE THE FLAG/ DODGEBALL

This league combines two favorite childhood games, Capture the Flag and Dodgeball. Don't miss out on this exciting new league.

**Fee:** \$150 per team **Register by:** 5/22

**Location:** Rec. Center, Gymnasium

Day	Start Date	Start Time
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Th	6/04	5:30 pm
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## CO-ED VOLLEYBALL

Teams are made up of two females and two males.

**Fee:** \$225 per team **Register by:** 5/22

**Location:** Rec. Center, Gymnasium

Day	Start Date	Start Time
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F	6/05	5:30 pm
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## FROSTBITE SOFTBALL

Put together a team and register in advance. Season will conclude with a single elimination tournament.

**Fee:** \$325 per team **Register by:** 8/14

**Location:** JBP, Eagles Field

Days	Start Date	Start Time
------	------------	------------

Tu&Th	8/25	6:30 pm
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## Personal Trainers

Have workouts designed to help you reach your individual fitness goals! So whether it's losing weight and toning up or training for competition, our personal trainers will get you where you need to be. All trainers are certified.

Complimentary Initial Meeting includes a personal assessment, discussion of personal goals and desired schedule.



Call the office at 662-4946 for additional information.

# YOUTH AQUATIC PROGRAMS

## WATERBABIES Ages: 6 mo-3

This parent/child class introduces basic swimming skills using songs, games and toys. Comfort, fun, and safety is the focus of the class. Get one-on-one time in the water with your child and guided direction and play from an in-water instructor.

### WATERBABIES MAY SCHEDULE

**Fee:** \$32 R \$36 NR

**Location:** Indoor Pool

Days	Dates	Time	Act.#/Sec.#
Tu,Th	5/05-5/28	9:00-9:30 am	412215/A8
<b>Register for A8 on:</b> 4/29 R 4/30 NR			

### WATERBABIES JUNE-JULY SCHEDULE

**Fee:** \$23 R \$26 NR

**Location:** Indoor Pool

Days	Dates	Time	Act.#/Sec.#
M,W	6/15-7/01	9:00-9:30 am	213215/E1
<b>Register for E1 on:</b> 6/10 R 6/11 NR			
M,W	7/6-7/22	9:00-9:30 am	213215/E2
<b>Register for E2 on:</b> 7/01 R 7/02 NR			
M,W	7/27-8/12	9:00-9:30 am	213215/E3
<b>Register for E3 on:</b> 7/22 R 7/23 NR			



## TINY TOTS I Ages 3-6

This level is geared to building confidence in the water. Focus will be on blowing bubbles, floating and kicking on front and back with support, learning breathing control, swimming with face in the water and an introduction to various arm actions.

**May Activity #:** 412221

**June-July Activity #:** 213221 (see page 16)

## TINY TOTS II Ages 3-6

This level helps participants learn unsupported float on front and back, recovery to a vertical position from floating, front and back glides, and swimming on front and back using a combined stroke for 5 yards.

**May Activity #:** 412222

**June-July Activity #:** 213222 (see page 16)

## TINY TOTS III Ages 3-6

This level adds kicks to front and back glides, teaches changing directions and body positions in deep water, diving from the side of pool in a kneeling position, learning to swim on front and back for 15 yards with more refined arm positioning for 15 yards, treading water for 30 seconds, and introduction to butterfly kick.

**May Activity #:** 412223

**June-July Activity #:** 213223 (see page 16)

## TINY TOTS IV Ages 3-6

In this level students will learn to dive from the side from a standing position, swim a distance underwater, float in deep water for 1 minute, and use an open turn when swimming on front and back. They will also swim on front and back for 25 yards with rotary breathing and advanced arm positioning, 15 yards of butterfly, breast stroke, and scissors kick.

**May Activity #:** 412224

**June-July Activity #:** 213224 (see page 16)

### TINY TOTS LEVELS I-IV MAY SCHEDULE

**Levels 1-4 will be offered at each session.**

**Fee:** \$48 R \$54 NR

**Location:** Indoor Pool

Day	Sessions	Time	Sect.
M,W	5/04-5/27	3:15-4:00 pm	F8
M,W	5/04-5/27	4:00-4:45 pm	G8
M,W	5/04-5/27	4:45-5:30 pm	H8
Tu,Th	5/05-5/28	9:30-10:15 am	B8
Tu,Th	5/05-5/28	10:15-11:00 am	D8
Tu,Th	5/05-5/28	5:30-6:15 pm	I8

**Register on:** 4/29 R 4/30 NR

See page 27 for instructions on how to register for swim lessons.

## TINY TOTS LEVELS I-IV JUNE-JULY SCHEDULE

**Levels 1-4 will be offered at each session.**

**Fee:** \$35 R \$40 NR

**Location:** Indoor Pool

Day	Sessions	Time	Sect.
M,W	6/15-7/01	9:30-10:15 am	A1
M,W	6/15-7/01	10:15-11:00 am	B1
Tu,F	6/16-7/03	6:00-6:45 pm	F1
<b>Register on:</b> 6/10 R 6/11 NR			
M,W	7/06-7/22	9:30-10:15 am	A2
M,W	7/06-7/22	10:15-11:00 am	B2
Tu,F	7/07-7/24	6:00-6:45 pm	F2
<b>Register on:</b> 7/01 R 7/02 NR			
M,W	7/27-8/12	9:30-10:15 am	A3
M,W	7/27-8/12	10:15-11:00 am	B3
Tu,F	7/28-8/14	6:00-6:45 pm	F3
<b>Register on:</b> 7/22 R 7/23 NR			

## CHILD/TEENS I Ages 7-15

This level builds confidence in the water. Focus will be on blowing bubbles, floating and kicking on front and back with support, learning breathing control, swimming with face in the water and an introduction to various arm actions.

**May Activity #:** 412231

**June-July Activity #:** 213231

## CHILD/TEENS II Ages 7-15

This level helps participants learn unsupported float on front and back, recovery to a vertical position from floating, front and back glides, and swimming on front and back using a combined stroke for 5 yards.

**Activity #:** 412232

**June-July Activity #:** 213232

## CHILD/TEENS III Ages 7-15

This level adds kicks to front and back glides, teaches changing directions and body positions in deep water, diving from the side of pool in a kneeling position, learning to swim on front and back for 15 yards with more refined arm positioning for 15 yards, treading water for 30 seconds, and introduction to butterfly kick.

**Activity #:** 442233

**June-July Activity #:** 213232

## CHILD/TEENS IV Ages 7-15

In this level students will learn to dive from the side from a standing position, swim a distance underwater, float in deep water for 1 minute, and use an open turn when swimming on front and back. They will also swim on front and back for 25 yards with rotary breathing and advanced arm positioning, 15 yards of butterfly, breast stroke, and scissors kick.

**Activity #:** 412234

**June-July Activity #:** 213234

## CHILD/TEENS LEVELS I-IV MAY SCHEDULE

Levels 1-4 will be offered at each session.

**Fee:** \$48 R \$54 NR

**Location:** Indoor Pool

Day	Sessions	Time	Sect.
Tu,Th	5/05-5/28	6:15-7:00 pm	J8
<b>Register on:</b> 4/29 R 4/30 NR			

## CHILD/TEENS LEVELS I-IV JUNE-JULY SCHEDULE

**Levels 1-4 will be offered at each session.**

**Fee:** \$35 R \$40 NR

**Location:** Indoor Pool

Day	Sessions	Time	Sect.
M,W	6/15-7/01	11:00-11:45 am	C1
M,W	6/15-7/01	6:45-7:30 pm	G1
<b>Register on:</b> 6/10 R 6/11 NR			
M,W	7/06-7/22	11:00-11:45 am	C2
M,W	7/06-7/22	6:45-7:30 pm	G2
<b>Register on:</b> 7/01 R 7/02 NR			
M,W	7/27-8/12	11:00-11:45 am	C3
M,W	7/27-8/12	6:45-7:30 pm	G3
<b>Register on:</b> 7/22 R 7/23 NR			

## WATERPOLO Ages 16+

Drop by and get in the outdoor pool to play some waterpolo. For swimmers who are comfortable swimming and treading water in the deep-end.

**Fee:** General outdoor pool admission (see page 19)

**Location:** Outdoor Pool

Day	Dates	Time
Th	6/18-8/20	7:30-8:45 pm

*Youth Aquatic Programs  
continued on page 17*

**See page 27 for instructions on how to register for swim lessons.**

## SPRING COMPETITIVE SWIM TRAINING

**Ages 6-15**

Can't fit year-round swimming into your schedule? This class is designed to bridge the gap between instructional and competitive swimming. The class highlights stroke refinement, competitive starts and turns and interval training.

**Fee:** \$48 R \$54 NR

**Location:** Indoor Pool

Days	Dates	Time	Act.#/Sec.#
M,W	5/04-5/27	4:45-5:30 pm	413243/H8
Tu,Th	5/05-5/28	5:30-6:15 pm	413242/I8

**Register on:** 4/29 R 4/30 NR

## SUMMER COMPETITIVE SWIM TRAINING

**Ages 6-15**

See description above.

**Fee:** \$35 R \$40 NR

**Location:** Outdoor Pool

Days	Dates	Time	Act.#/Sec.#
Tu,Th	6/16-7/02	11:00 am-Noon	213243/D1
<b>Register on:</b> 6/10 R 6/11 NR			
Tu,Th	7/07-7/23	11:00 am-Noon	213243/D2
<b>Register on:</b> 7/01 R 7/02 NR			
Tu,Th	7/28-8/13	11:00 am-Noon	213243/D3
<b>Register on:</b> 7/22 R 7/23 NR			

## WATER SAFETY INSTRUCTOR

**Ages: 16+**

Trains participants to teach courses in the American Red Cross Swimming and Water Safety Program. The course combines classroom and in water work. All supplies are included in the cost of the certification. Prerequisite skills must be passed to participate.

**Fee:** \$225 R \$250 NR  
**Act. #/Sec.#:** 122275/J1  
**Location:** WMB, Arts & Crafts Rm.

Days	Dates	Time
M,W	5/11-6/03	6:00-10:00 pm

**Register by:** 4/28

## ADULT & YOUTH AQUATIC PROGRAMS

### SPRING WATER AEROBICS

**Ages 18+**

A shallow water exercise class that is designed for all swimming abilities to give you a good overall workout through a wide range of exercises.

**Drop In Fee:** \$5.50 R \$6.00 NR

**Session Fee:** \$60.50 R \$66 NR

**Location:** Indoor Pool

Days	Dates	Time	Act.#/Sec.#
M,W,F	5/04-5/29	9:00-10:00 am	433265/A8
Tu,Th	5/05-5/28	7:30-8:30 pm	433265/I8

**Register by:** 4/25

### SUMMER WATER AEROBICS

**Ages 15+**

A shallow water exercise class that is designed for all swimming abilities to give you a good overall workout through a wide range of exercises.

**Drop In Fee:** \$5.50 R \$6.00 NR

**Session Fee:** \$51.90 R \$57.50 NR

**Location:** Indoor Pool

Days	Dates	Time	Act.#/Sec.#
M,W,F	6/15-6/26	8:30-9:30 am	233265/A1
<b>Register by:</b> 5/25			
M,W,F	6/29-7/24	8:30-9:30 am	233265/A2
<b>Register by:</b> 6/22			
M,W,F	7/27-8/19	8:30-9:30 am	233265/A3
<b>Register by:</b> 7/20			

### ADULT LESSONS

**Ages 15+**

Whether your goal is to learn the basics of swimming or to refine your swimming strokes, this class is for you. Reach your goals at your pace.

**Fee:** \$48 R \$54 NR

**Location:** Indoor Pool, Lanes 1-3

Days	Dates	Time	Act.#/Sec.#
M,W	5/04-5/27	10:00-11:00 am	432255/C8
Tu,Th	5/05-5/28	7:45-8:30 pm	432255/L8

**Register on:** 4/27 R 4/28 NR

*Adult Aquatic Programs  
continued on page 18*

## Winchester SWIM TEAM

Offers competitive swimmers the area's first USA Swimming sanctioned swim team.

**Contact:** Lori Reiser, (304) 433-0675  
larbrat@hotmail.com



## DISCOVER SCUBA \$499

In this PADI open water diver course you will learn the skills needed to be a safe recreational diver. Included in this course are 5 classroom sessions, 5 pool sessions and 4 open water training dives.

Call Joe Dubose: 888-4455.

An organized program of swimming for adults (18 & up). Members participate in a variety of ways ranging from lap swimming to international competition.

**Contact:** Eileen Span  
mespan@comcast.net.

**Fee:** \$25 R \$30 NR (plus annual membership fee to U.S. Masters)

Days	Dates	Time	Location
MWF	Thru 5/22	5:30-6:30 am	Indoor Pool
TuTh	Thru 5/22	7:30-8:30 pm	Indoor Pool
Su	Thru 5/22	Noon-1:00 pm	Indoor Pool
M-F	5/25-9/7	5:30-7:00 am	Outdoor Pool
Su	5/31-9/6	11:00 am-Noon	Outdoor Pool

## FITNESS ROOM

The fitness room is open to participants 14 and up. Spectators are not permitted. Proper attire must be worn at all times. These policies will be strictly enforced.

## RACQUETBALL/WALLYBALL

Court reservations must be made up to seven days in advance and for no more than two hours at a time.

## HOURS OF OPERATION

M-F 5:30 am - 9:30 pm  
Sa 9:00 am - 6:00 pm  
Su Noon - 8:00 pm

(Memorial Day-Labor Day Hours)

M-F 7:00 am - 8:00 pm  
Sa-Su Noon - 6:00 pm

## INDOOR POOL

Note: Children 12 and under must be accompanied by an adult (18+) at all times in the water. Shoes are not allowed on the pool deck. Groups of 10 or more must schedule a pool party in advance.

## HOURS OF OPERATION

Through May 22, 2009

Lap Swim (18+) M-F 6:30-8:45 am  
M-F 11:00 am-Noon  
M,W 5:30-6:30 pm  
Sa Noon-1:00 pm  
5:00-6:00 pm

Family Lap  
Swim Su 6:00-8:00 pm

*Children at 7+ may swim laps with parent..*

General Swim\* M-F Noon-1:00 pm  
Tu,Th 7:00-7:45 pm  
F 5:30-7:00 pm  
Sa 1:00-5:00 pm  
Su 1:00-4:00 pm

Therapeutic M,W,F 1:00-2:00 pm  
Senior M,W,F 1:00-2:00 pm

\* Lap space available but not guaranteed during this time for adults 18+.

# Facilities

## INDOOR POOL cont.

### May 23 through June 12

Lap Swim (18+)	M-F	11:00 am- Noon
	M,W	5:30-6:30 pm
General Swim*	M-F	Noon-1:00 pm
	Tu,Th	7:00-7:45 pm
	F	5:30-7:00 pm
Senior/Therapy	M,W,F	1:00-2:00 pm

\* Lap space available but not guaranteed during this time for adults 18+.

### June 13 through August 23

Senior/Therapy	Tu,Th,F	10:00 am-Noon
----------------	---------	---------------

## OUTDOOR POOL

### HOURS OF OPERATION

### May 23 through June 12

Lap Swim (18+)	M-F	6:00-8:45 am
General Swim (weekends only)		Noon-5:45 pm

### June 13 through August 23

Lap Swim (18+)	M-F	5:30-8:00 am
	M-W	6:00-7:00 pm
General Swim	F-W	Noon-5:45 pm
	Th	Noon-8:45 pm*

\*Deep end closes at 7:30 pm.

### OUTDOOR POOL FEES

#### Daily Pass

Child (3-5)	\$ 3.00
Student (6+)	\$ 3.50
Adult (18+)	\$ 4.00
Senior (55+)	\$ 3.00
Family	\$11.00

#### Individual Pass

Monthly Pass	\$ 50.00
3 Month Pass	\$125.00

#### Family of Four Pass

Monthly Pass	\$150.00
3 Month Pass	\$400.00

**Due to WST's annual swim meet, the outdoor pool will be CLOSED:**

Friday, June 26 (beginning at 5:00 pm)  
Saturday, June 27 (all day)  
Sunday, June 28 (all day)

## Rent the Outdoor Pool



## GYM SCHEDULE

### OPEN GYM

All Ages

Gym is open to the public.

Day	Time	Courts
M,W	3:00-5:30 pm	C
Tu,Th,F	3:00-5:30 pm	A,B,C

### 35+ OPEN GYM

Open basketball for participants 35 and up.

Day	Time	Courts
M,W	3:00-5:30 pm	A,B

### 18+ OPEN GYM

Open basketball for participants 18 and up.

Day	Time	Courts
Sa,Su	Noon-6:00 pm	A,B

### OPEN VOLLEYBALL

Open volleyball for participants 18 and up.

Day	Time	Courts
Sa,Su	Noon-6:00 pm	C

## Individual & Family Recreation Center Memberships

	<u>Resident</u>	<u>Non-Res</u>
<b>Child</b> (under 12 with a paying adult)		
Monthly	\$ 16.00	\$ 20.00
3 Month	\$ 42.00	\$ 54.00
Yearly	\$144.00	\$192.00

<b>Youth/Student</b> (12-18 or valid college ID)		
Monthly	\$ 20.00	\$ 24.00
3 Month	\$ 54.00	\$ 66.00
Yearly	\$192.00	\$240.00

<b>Adult</b> (19-54 years)		
Monthly	\$ 36.00	\$ 42.00
3 Month	\$ 99.00	\$117.00
Yearly	\$360.00	\$432.00

<b>Senior</b> (55 years and up)		
Monthly	\$ 16.00	\$ 20.00
3 Month	\$ 42.00	\$ 54.00
Yearly	\$144.00	\$192.00

<b>Family</b> (up to 4 members)*		
Monthly	\$ 68.00	\$ 84.00
3 Month	\$198.00	\$246.00
Yearly	\$768.00	\$960.00

\*Inquire about additional family member rates

<b>Military</b>		
Monthly	\$ 16.00	
3 Month	\$ 42.00	
Yearly	\$144.00	

	<u>Resident</u>	<u>Non-Res</u>
<b>DAILY</b>		
Child	\$2.50	\$3.00
Student	\$3.00	\$3.50
Adult	\$3.50	\$4.00
Senior	\$2.50	\$3.00
Family	\$9.00	\$11.00
Military	\$2.50	

**10 & 20 Punch Passes also available  
(10% off daily rate).  
Call WPRD for details.**

Memberships include unlimited use of the Indoor Pool, Fitness Room, Gymnasium, Billiards Table and Racquetball during designated times.



*Ask about installment options for yearly memberships.*

# Facilities

## FACILITY RENTALS

R = City Resident    NR = Non-City Resident    NP = Non-Profit    C = Commercial

FACILITY	CAP	HOURLY			
		R	NR	NP	C
Lord Fairfax Rm.*	60	\$19	\$22	\$10	\$34
Joist Hite Room*	25	\$6	\$7	\$3	\$11
Arts & Crafts Rm.*	50	\$14	\$16	\$7	\$25
Full Gymnasium (A,B,C)**	1,000	\$97	\$99	\$96	\$156
Full Court Gym (A,B)**	666	\$65	\$66	\$64	\$104
1/3 Gym (A,B or C)**	333	\$32	\$33	\$32	\$52
Social Hall*	175	\$47	\$55	\$24	\$85
Kitchen*	10	\$25	\$27	\$23	\$48
Recreation Room*	20	\$5	\$6	\$2	\$8
Indoor Pool	80	\$92	\$101	\$61	\$122
Outdoor Pool	300	\$151	\$163	\$128	\$191
BMX Track**	200	\$5	\$6.50	\$3	\$7
R/C Car Track**	200	\$5	\$6.50	\$3	\$7
Horseshoe Courts**	200	\$5	\$6.50	\$3	\$7
Tennis Court**	100	\$5	\$6.50	\$3	\$7
Outdoor Basketball Court**	200	\$5	\$6.50	\$3	\$7
Large Baseball/Softball Field**	300-1,500	\$19	\$22	\$16	\$26
Small Baseball/Softball Field**	150-500	\$15	\$18	\$12	\$21
Soccer Field**	250	\$15	\$18	\$12	\$21

\* 2 hour minimum

\*\* \$10/hour additional fee for lighting

### Fields

Large - Bridgeforth, Bodie Grim, Eagles, Preston

Small - Rotary, Yost, T-Ball, Henkel Harris

### Shelter Rental Times (Available 4/15-10/15)

Full Day 9:00 am-9:00 pm

Half Day 9:00 am-2:00 pm OR 4:00-9:00 pm

SHELTER	CAP	HALF DAY				FULL DAY			
		R	NR	NP	C	R	NR	NP	C
<b>S</b> Jaycee I, Key Club I & II, Optimist	25	\$15	\$20	\$13	\$35	\$30	\$35	\$25	\$60
<b>M</b> Firemans, POW-MIA Memorial, Shawnee Lions	100	\$25	\$30	\$23	\$45	\$50	\$55	\$45	\$80
<b>L</b> Kiwanis I & II, Antique Car, Exchange	150-200	\$35	\$40	\$28	\$50	\$70	\$75	\$55	\$90
<b>XL</b> Lions, Rotary	220	\$40	\$45	\$33	\$60	\$80	\$85	\$65	\$100

**DOWNLOAD THE REQUIRED FACILITY USE APPLICATION FROM THE WINCHESTER PARKS & RECREATION DEPARTMENT'S WEBSITE.**

[www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)

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# Parks

Neighborhood Parks - Location	Ball Field	Basketball	Horseshoe	Open Area	Playground	Shelter	Soccer	Swings	Trail	Volleyball
<b>Abram's Creek Wetlands Preserve</b> - 1643 Meadow Branch Avenue				●					●	
<b>Elk Street</b> - 405 West Lane Corner of Elk & Chase Streets				●	●	●		●		
<b>Frederick Douglass</b> - Behind the Douglass Community Learning Ctr. on N. Kent Street	●	●	●	●	●	●	●	●	●	●
<b>Friendship</b> - On Bruce St. between Battle Ave. & Kerr Street off Pleasant Valley Rd.		●		●		●	●			
<b>Harvest Ridge</b> - 805 Crestview Terrace Harvest Ridge subdivision on Middle Road				●			●			
<b>North-East-South-West</b> - Between North, East, South & West Streets				●	●			●		
<b>Overlook</b> - 50 Montague Circle				●		●				
<b>Park Place</b> - 2024 Harvest Drive				●	●		●	●	●	
<b>Rolling Hills</b> - On Valley Avenue in the Rolling Hills subdivision				●						
<b>Shawnee Springs</b> - (10 acres of wetlands) West of Hollingsworth Drive				●					●	
<b>Tevis Street</b> - Adjacent to Frederick Douglass Elementary School				●						
<b>Timbrook</b> - On the corner of East Lane and Piccadilly Streets		●		●	●	●		●		●
<b>Weaver</b> - Southern end off Papermill Road		●		●	●	●	●	●		
<b>Whittier</b> - On Whittier Avenue		●		●	●	●	●	●		

## Concession Stand

### at Christianson Familyland

Apple Blossom - 6/12: Open Weekends

6/13 - Labor Day: Su-F Noon-8:00 pm

Sa Noon-9:00 pm

Icecream • drinks • treats • mini-golf

## WPRD BUS TRIPS

**Note: All WPRD Bus Trips depart and return to the War Memorial Building**

### FRONTIER CULTURE MUSEUM

Always a favorite! Visit a German, English, Irish and American farm site. Interpreters are available to answer questions. A lunch stop follows the visit. Lunch is on your own.

**Fee:** \$30 R \$33 NR **Register by:** 6/15

Day	Date	Time	Act.#/Sec.#
Sa	7/11	8:00 am-4:00 pm	256764/01

### POTOMAC EAGLE

Enjoy a scenic train ride in beautiful Romney, WV. Please bring a lunch. Snacks and drinks are available for purchase.

**Adult Fee:** \$47 R \$50 NR

**Register by:** 5/01

Day	Date	Time	Act.#/Sec.#
Sa	6/13	9:30 am-4:30 pm	256761/01

## LEWIS GINTER BOTANICAL GARDENS

Enjoy the day at the Lewis Ginter Botanical Gardens in Richmond, Virginia. Bring a bagged lunch to eat on the grounds. Self-guided tour of the gardens.

**Fee:** \$50 R \$53 NR **Register by:** 7/3

Day	Date	Time	Act.#/Sec.#
Sa	7/18	7:00 am-5:00 pm	355782/01



### MOUNT VERNON

Visit George Washington's Mount Vernon and enjoy a guided tour of the house. Visit the grounds and garden on your own. Food is available on-site or bring your own picnic. Gift shops will be open.

**Fee:** \$40 R \$43 NR **Register by:** 7/13

Day	Date	Time	Act.#/Sec.#
Sa	7/25	8:00 am-4:00 pm	255462/01

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# COMMUNITY SPOTLIGHT

## Winchester Royals 1979 – 2009

The Winchester Royals are one of 12 teams that make up the Valley Baseball League. The League participates as a wooden bat summer collegiate league that is funded in part by a donation from Major League Baseball. Although the National Collegiate Athletic Association no longer has direct involvement with summer leagues, the league still operates under NCAA rules.



2009 marks the Winchester Royals' 31st summer collegiate baseball season, introducing both great baseball to the Winchester community and a great community to the players and their families. The players that make up the Royals are recruited from colleges and universities from all over the Country. Sponsorships and promotional advertising packages, as well as admission to games help finance the team's expenses.

Home for the Winchester Royals is Bridgeforth Field, a City of Winchester facility located in Jim Barnett Park. Bridgeforth is a lighted, 1500 seat stadium with an enclosed press box, concession stand and restrooms. The team name Royals doesn't come from the Kansas City Royals, but by way of the Bridgeforth family, owners of the local Royal Crown Cola bottling franchise. The Bridgeforth family was the primary original benefactor and it is for them the Field is named

Winchester joined the Valley Baseball League in 1979. The first five years in the League found the Royals franchise winning the Valley Baseball League Championship. Over the 30-year span the Royals have won nine pennants; and thirteen League championships. In addition, twenty-one former Royals have played or are now playing in the Major Leagues, most notably, Jimmy Key, Reggie Sanders, Mike Williams, Kevin Kouzmanoff, and Adam Everett. Kouzmanoff, Everett, and Kyle Snyder are currently playing on Major League teams. Many more are in the minor leagues working their way up to the "show".

Many other former Royals have also gone on to become assistant and head baseball coaches at major universities, as Major League scouts, and in other baseball capacities. Former Royals head coach, Dayton Moore (George Mason U.), is currently the General Manager for the Kansas City Royals.

In the past 30 years the hard work and dedication of the volunteers, host families, local businesses, and the loyal fans have set the standards of winning baseball games and so much more. This year, the successes, the defeats, the learning experiences, the friendships, and the lasting memories will become the 31st chapter of the Royals rich history.

**See page 12 for the Royals 2009 schedule and summer camp information.**



[www.winchesterroyals.com](http://www.winchesterroyals.com)

[www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)

# Parties (At Your Service)

## Indoor, Outdoor, Themes, Pool and Gym



**Call and let WPRD help you with your next party:**

Adult's Birthday

Baby Shower

Social Gathering

Child's Themed Birthday (3-8 yrs)

(Themes: Prince/Princess, Pirate, Horsey, Fancy That! & Hawaiian)

**Take this opportunity and let the park provide:** location, cake, activities, theme, clean up, etc.



**Now Accepting Reservations for your next 2009 Event: Wedding Reception, Anniversary Party, Reunion, Corporate Gathering, Fundraising Event, etc!**

Plan your next gathering in beautiful Jim Barnett Park at the newly constructed Active Living & Recreation Center. Choose between a formal 6,750 sq. ft. social hall with a commercial kitchen for a more intimate gathering, or a 14,000 sq. ft. gymnasium for large gatherings. Outside catering is permitted.



Call  
at 662-4946  
for more  
information.

<u>Hourly Room Fees:</u>	<u>Social Hall</u>	<u>Hall &amp; Kitchen</u>	<u>Gym</u>
City Resident	\$47.00	\$ 72.00	\$ 97.00
Non-Resident	\$55.00	\$ 82.00	\$ 99.00
Non-Profit	\$24.00	\$ 47.00	\$ 96.00
Commercial	\$85.00	\$133.00	\$156.00

# Info

## SWIM LESSON REGISTRATION INSTRUCTIONS

1. Swimming Lessons have a “Register On” date so please be aware of which day you need to register.

a. Resident (R) registration is for people who live in the City of Winchester (22601 zip code). Non-resident (NR) registration is the following day (zip code other than 22601).

b. Registrations are taken by phone or walk-in starting at 5:30 am for May registration and 7:00 am for June/July registration days. All classes are first-come, first-serve.

2. Have the program’s activity number ready. This can be found on the Aquatics pages of the guide (pages 14-17).

3. Payment is required at the time of registration. No registration will be processed without payment. Please make sure you have a Master Card/Visa ready.

## FOR YOUTH SWIM PROGRAMS

1. Each class starts with a minimum number of students per level. (See page 14-15 for level descriptions.) If the classes fill, please keep in mind that we do our best to place additional children in the classes. You will be notified one (1) day prior to the first day of class if we were able to fit your child in the session from a waiting list.

2. You will only be charged if your child is placed in a class. If your child does not get into the session you will need to re-register for the next session. Students on the waiting list do not carry over to the next session.



## 3 WAYS TO REGISTER FOR CLASSES & PROGRAMS

**1. WALK-IN:** Walk-in registrations will be accepted during normal business hours of 5:30 am-9:30 pm.

**2. BY PHONE:** Call 662-4946. All phone registrations must be accompanied with credit card and completed registration form via fax or email. Please contact the department for a registration form or visit [www.winchesterva.gov/parks](http://www.winchesterva.gov/parks).

**3. BY FAX:** Fax your completed registration form to (540) 678-8791.

## MAKING PAYMENTS

Payment is due upon registration for all classes and materials fees (where applicable) are due to the instructor on the first day of class.

## REFUNDS

A non-refundable administration fee up to \$10 will be retained from any refund prior to the first class, after the first class is held, no refund will be made unless for a medical reason.

## CANCELLATIONS

In the event of inclement weather, closings and cancellations will be announced via local radio stations, website and the cancellation hotline (662-4946, ext. 33).

In addition, programs will be cancelled if minimum registration is not met.

## SPECIAL ACCOMMODATIONS

If you require the services of a reader, interpreter, or other accommodation, please call 662-4946 in advance so the arrangements can be made.

# SIGN ME UP

Please indicate which athletic programs, classes or workshops for which you'd like to register!

**Resident fee only applicable to residential homes with a zip code of 22601.  
All other codes are considered non-resident. Verification of address may be requested.**

PLEASE PRINT

Adult's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Emergency/Cell Phone: \_\_\_\_\_

PARTICIPANT'S NAME	
BIRTH DATE	
AGE	
ACTIVITY NAME & NUMBER	
ACTIVITY DATES & TIME	
CHILD'S SCHOOL	
PHOTO PERMISSION <i>(check one)</i>	I ___ give or ___ do not give permission to Winchester Parks & Recreation Department to take my child's photo for use only in park-related promotional material.
SHIRT SIZE <i>(T-shirts not offered for every program)</i>	YS YM YL or AS AM AL AXL
MEDICAL CONDITIONS	
INTERESTED IN COACHING?	Y N Coach's contact info:

WAIVER FOR PARTICIPANTS: I do hereby agree to allow the individual(s) named herein to participate in the aforementioned activities, and I further agree that the Winchester Parks & Recreation Department, program staff, and volunteers assume no responsibility for injuries while traveling to and from the place of play or while participating in an activity.

Participant's Signature (Parent/Guardian signature if participant is under age 18) \_\_\_\_\_ Date \_\_\_\_\_



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Northern Shenandoah Valley Adult Education

## WPRD USER GROUPS

Winchester Baseball Registration	Tammy Mills	(540) 723-4252
	<a href="http://www.winchesterbaseball.com">www.winchesterbaseball.com</a>	
Winc. Baseball T-Ball & Rookie Leagues	Mike Lackey	(540) 664-3132
Winc. Baseball Cancellation Hotline		(540) 665-8786
Winchester Royals Baseball		(540) 662-4466
Winchester Horseshoe Pitchers Assoc.	Terry Figgins	(540) 631-0783
Winchester Wheelmen	Robert Golightly	(540) 723-6485
Soap Box Derby	Mike Wines	(540) 664-6288
	<a href="http://www.winchestersoapbox.com">www.winchestersoapbox.com</a>	
Winchester BMX Association	Kevin Lochner	(540) 876-3680
Winchester Swim Team	Lori Riser	(304) 433-0675 <a href="mailto:larbrat@hotmail.com">larbrat@hotmail.com</a>
Winchester Dog Park	Rebecca Oliver	<a href="mailto:info@wincdogpark.com">info@wincdogpark.com</a>
Shenandoah Valley Power-Sliders R/C Race Club	Ace Breeden	(540) 771-7851
Winc./Frederick Co. Tackle Football	Ed Tatman	(540) 868-2870
Winchester/Frederick Co. Youth Football Cheerleaders	Christy Rivers	(540) 869-2267
Shenandoah Area Agency on Aging (SAAA)	Diana Brill-Tharpe	(540) 662-5433
	<a href="http://www.shenandoahaaa.com">www.shenandoahaaa.com</a>	
Blue Ridge Youth Soccer	Hotline	(540) 662-6380
	<a href="http://www.brysa.org">www.brysa.org</a>	

Winchester Parks & Recreation  
1001 East Cork Street  
Winchester, VA 22601

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**COMING  
SUMMER  
2009!**

# ActivitE-News

## **ATTENTION:**

Beginning with the Fall Guide,  
WPRD will be mailing the  
Activities Guide

ONLY to a subscription list.  
To make sure you receive the  
WPRD Guide in the mail,  
call 662-4946 or email  
[subscribe@ci.winchester.va.us](mailto:subscribe@ci.winchester.va.us).

## **Get the Activities Guide 3 times a year:**

1. **FALL** (released in August)  
September - December
2. **WINTER/SPRING**  
(released in December)  
January - April
3. **SUMMER** (released in April)  
May - August